

SETTING A BETTER AND CHEAPER TABLE—CROCHETED SWEATERS—THE OFFICE BEAUTY

MRS. WILSON TALKS ON CUTTING TABLE COST

Suggests Definite Ways to Make the Weekly Food Allowance Go Further—Gives Recipes to Illustrate How This Can Be Done

By MRS. M. A. WILSON
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THE high cost of living is the chief topic in the household, and there must be the right kind of economy in the food supplies to the family or the members of it will not be well nourished.

golden brown in deep fat. Dish on a warm platter and serve with boiled potatoes, lettuce and sliced tomatoes. One medium-sized eggplant will make eight large croquettes.

Using Cold Mashed Potatoes
Cold mashed potatoes fixed after the following recipes will appeal to many:
Brown one large onion and two slices of bacon, minced fine in a pan. Lift out carefully, leaving the fat in the pan. Now mix thoroughly the prepared onion and bacon with two cupfuls of mashed potatoes scalded with salt and pepper.

Soak the beans overnight in plenty of cold water. In the morning wash and look them over carefully to see that no grit or stones are among the beans. Now put the beans in a soup pot and add four quarts of cold water. Bring to a boil and cook steadily for one and a half hours.

Ordering food by the telephone is a mistake. Personal supervision of all marketing is necessary for economy. Buying fruits or vegetables out of season or when they are scarce is extravagance.

Cost of Bean Soup
Six ounces of beans, at ten cents per pound.....\$ .06
Three ounces of pork, at thirty-two cents per pound..... .05
One cupful of tomatoes..... .05
Seasoning..... .03
Total.....\$ .20

Canning and preserving reduce the weekly expenses in winter. Peas, beans, corn and tomatoes may be done successfully at home with little trouble. Use fish and vegetables in place of meat and remember that the plainest food, carefully and attractively prepared, is more satisfying than roasts, steaks or chops.

To Balance Meals
A common-sense method in the distribution of the various kinds of food when planning a menu will enable an intelligent housewife to feed her family well, if not wholly scientifically.

Rendering Fats
Cut the fats into small pieces. Cover with plenty of cold water and add one teaspoonful of baking soda to every pound of fat. Cook slowly until fat is entirely melted. Set aside to cool. When cold lift the cake of fat from the water, melt and then strain it into the proper containers.

Cumberland Cutlets
Soak one cupful of soy beans overnight and then cook until tender. Drain and mash them, and then add:
Three branches of parsley.
Two small onions, minced very fine.
Two teaspoonfuls of salt.
One teaspoonful of pepper.
One tablespoonful Worcestershire sauce.
One cupful of cottage cheese.

Strawberry Parfait
White of one egg.
One-half glassful of jelly.
Beat to a stiff meringue and then divide this and whip half into one cupful of crushed and sweetened strawberries. Fill into parfait glasses. Top with the balance of the whip and garnish with a strawberry. Place in the refrigerator to chill.

Another Dinner
Pepper and Onion Canape
Cheese Loaf
Hollandaise Sauce
Stuffed Potatoes
String Beans
Cabbage Salad
Pineapple Delight
Coffee

Eggplant Croquettes
One eggplant.
Two eggs.
Two cupfuls of bread crumbs.
One tomato.
One onion, chopped fine.
A little flour, salt, pepper and parsley.
Peel and cut the eggplant into small pieces, cover with boiling water and cook until soft. Drain and then mash fine, and add:
One beaten egg.
One cupful of bread crumbs.
One tablespoonful of finely chopped parsley, pepper and salt.
Tomato, chopped fine.
Beat flour to make it adhere

Hollandaise Sauce
Most hollandaise sauces are supposed to be a combination of egg and butter. Here is one the thrifty French use daily:
Place in a saucepan
One-half cupful of cold water.
Then add
One tablespoonful of cornstarch.
Beat the cornstarch and then bring to a boil. Cook slowly for

HAVE PEONIES IN YOUR GARDEN

three minutes. Remove from the fire and add
One well-beaten egg.
Beat very hard to thoroughly incorporate all and then add
Six tablespoonfuls of salad oil,
One teaspoonful of salt,
One quarter teaspoonful of mustard,
One-half teaspoonful of paprika,
One-half teaspoonful of onion juice.



The peony, gorgeous and lovely that it is, is called "the queen of spring flowers." Whether planted here and there among less gorgeous varieties of flowers or massed together in a patch of bright color, peonies cannot be surpassed for gardens

Beat to mix and then serve. This sauce has the added virtue of not separating.
Pineapple Delight
Peel the pineapple and then cut one-half of the pineapple in slices. Mince the balance very fine. Lay the slices aside to use later. Now to make the delight:
Prepare a meringue by beating until stiff enough to hold its shape
One egg white,
One-half glass of jelly, any kind will do.

Please Tell Me What to Do

By CYNTHIA

Won't Call Without Money
Dear Cynthia—I am a girl of seventeen and am very much in love with a fellow; and I really do think the fellow likes me, but he is out of work now. He made an engagement with me and he did not show up. I believe it was because he is out of work and he has no money to spend that he does not call; but that does not make any difference to me. He treated me nice when he had money. So kindly tell how I can retain his friendship.
CURLY LOCK.

IF YOU have never had any peonies in your garden you will regret it this season. You will never regret it. The peony, usually spoken of as the "Queen of Spring Flowers," is one of our most beautiful garden flowers. It is beautiful when grown as a single specimen or equally beautiful when grouped in masses, where large patches of color are desired. But in the small garden peonies are most attractive when planted here and there among less-gorgeous varieties of garden flowers.

The peony has two decided advantages over other garden plants. First the real beauty of its foliage lasts throughout the entire summer. The deep copper color of its foliage as the season progresses deepens into a lovely soft, shiny green at the time when so much of the foliage looks rusty and dull. Then the second advantage is that the peony is practically never troubled with insects. Then its requirements are so simple. It will thrive in almost any soil, but likes best a rich one. It isn't very particular about location if the ground is well drained. It does best perhaps in open sunshine, but will do very well indeed in partial shade.

A SUMMER STREET DRESS IN BLUE PRINT



A Daily Fashion Talk by Florence Rose
JUST the frock I've been looking for." I can almost hear you say. I agree with you, it is lovely, so simple, and somehow it looks so wearable. It is the sort of summer dress that the right woman so that she feels she is quite fit to go almost anywhere. It is daintily enough to wear in the afternoon.

except for formal affair. And for the woman who lives in the country and wants a dress to wear to the city on hot summer days, when she is in for shopping, this is the kind of frock to have.
But to return to our attractive little dress, the material used to construct it is a blue and white printed cotton. The knee length tunic of the cotton hangs over the foundation skirt, also of the cotton. The little apron follows the line of the plait of the bodice and has small pockets at either side of the front. The square neckline is finished with a slashed collar of organdie. The long sleeves have turned back cuffs at the wrist of organdie.

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DOES BEAUTY IN A GIRL CLASH WITH HER WORK?

One Man Claims It Does and Says the Pretty Girl in an Office Is a Bad Investment—The Other, a Traveling Salesman, Gives Different View, Gathered From Wide Experience

IS A pretty girl, on the whole, a valuable girl in an office, a factory, or wherever she may happen to be employed? Not so long ago I heard two business men talking about this, and what they said is worth repeating. One was the sales manager of a large concern and the other was a high-salaried salesman who comes in contact with a great many girls in various parts of the country.
The sales manager put it this way:
"The pretty girl has just as much brains as the plain girl, but brains are never used in any office anywhere. You have got to do something with them. A few brains, as it were, will take a girl a long way if she only is careful with the pretty girl is she doesn't think she has to use her head. The main issue in life for her is being good looking and is going to be written all around it. Oftentimes work is in the last circle.

When a man comes into the office it probably never occurs to her to think what his relation to the business might be. You can tell by the pat she gives to her hair and the sly little smile she gives to her cheeks she isn't thinking of an earthly thing but what kind of an impression she is going to make on the stranger.
"NOW with the plain girl it is different. She looks at things from a different angle. The inside story of the business is interesting to her because she has room for it in her mind. It doesn't take her over half the morning to get over being belle of the ball the night before. She has her mind on her work.
"If you call the plain-looking girl into the office and tell her just how you want a certain letter written you will be sure it is going to be written that way because the girl was giving you all her attention while you were speaking to her. The pretty girl may seem to be listening, but her mind is probably up the street in some lunch-room. After she gets outside she is afraid to come back and ask you to repeat. Consequently she takes a chance and probably does exactly what you said not to do.

When you consider how valuable time is in the average large concern you figure out for yourself just how we consider the pretty girl a bad investment for the money.
THE way the high-salaried salesman I argued was entirely different. And it certainly gave another interesting angle to the discussion.
"An experienced," he said, "and I have seen some hundreds of girls in offices, etc. in my travels during the last eight years, I've found that saying the pretty girl is not a good worker is all both. In the first place most girls think they are pretty or have some strange attraction. So when it comes to mooning over work nine out of ten of them can do it if they are inclined that way.
"Isn't what's outside, it's what's inside that counts. I have found perfectly stunning girls so cool and businesslike and impersonal that you'd no more dream of saying anything smart than you would of trying to josh the president of the concern. Then again I've come across girls without the slightest claim to good looks who'd seem to think I came a thousand miles just to carry on a little flirtation.
"From actual experience I can honestly say I have found that beauty or prettiness or whatever you might call it has nothing to do with the girl who is successful. Ambition, a feeling of personal responsibility and an interest in what she is doing are the three things that make a girl successful so far as I can see. If she has these qualities, then it doesn't matter whether she is as beautiful as Venus or as homely as a mud fence—she will get there!"

Our All-the-Year-Round Picnics

Jim says he's glad he's not a millionaire so he had to take vacations on wheels. When we get a day off it's on foot for us—from early in the morning—and by the time we've covered a sizable walk and lunch-time arrives, we're simply starved. We take our lunch with us, usually, and you may be sure I'm careful to prepare it beforehand in proportion to Jim's appetite. I make sandwiches of meat or cheese or whatever I happen to have in the house, and sometimes we have deviled eggs wrapped in lettuce leaves. If it's really chilly, Jim builds a fire and we roast potatoes or broil chops. But no matter what it is, we never go out on an all-day hike without a small bottle of A1 Sauce. Jim loves it, and it certainly is the soul of those picnic lunches. It has a rich, Frenchy flavor to it, you know. Jim says there isn't anything like it in the world, and I believe he's right. But then I usually think that about Jim!—Adv.

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